

S.M.A.R.T. DIABETES GOALS

It's important to have diabetes goals....something you're working on for yourself. Here are some ideas. Don't do too much. Try one or two and when you've achieved them, set another.



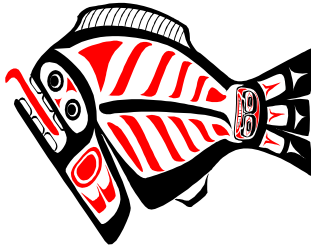
MY GOAL IS:

EXERCISE



MY GOAL IS:

BLOOD SUGAR TESTING



MY GOAL IS:

DIET



MY GOAL IS:

DAILY FOOT CHECKS



MY GOAL IS:

MEDICATIONS



MY GOAL IS:

A GOAL OF MY OWN

WHAT ARE S.M.A.R.T. GOALS?

Specific For Example, "Walk more" is too general "I'll walk three times a week for 20 minutes." Is specific.

Measurable How will you measure your progress?" For example, I'll eat three servings of carbohydrate for dinner three days a week" is better than "I'll eat less bread".

Action-oriented Lower my blood sugar" doesn't say how. Your goal should have some action to go with it like: "Test my blood sugar twice a day for a month."

Realistic. You probably can't lose 40 pounds by the end of the month. But you may be able to lose 4. That's a more realistic goal for you to try. You want to set a goal you can succeed at.

Time-limited Set a time to look at your goal again. Try it for a week or a month. Then have another look. Did you do it? Maybe you need to set a new or a more realistic goal. The idea is to have a goal and keep at it. GOOD LUCK!

Name _____ Date _____